

12-2008

The Beat: December 2008

CentraCare Health

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May your days be merry and bright



Dear Friends:

Happy Holidays!

I wish you all the best during this wonderful season. I hope you are able to spend time during the holidays with those who mean the most to you. I also hope you are able to find a few moments for quiet reflection in the midst of this busy time.

If you are traveling during the holidays, I pray that you find clear roads and clear skies, and that your journey is safe. If you are hosting family or friends, I pray that they arrive safely at your doorstep.

For those of you who must work holiday shifts, I extend special thanks for the care and comfort that you will provide to patients and their families.

Whether you celebrate Christmas, Hanukkah, Kwanzaa or another faith tradition at this time of year, these words from Irving Berlin's classic song "White Christmas" certainly apply, "May your days be merry and bright."



We at CentraCare Health System extend our condolences to the wife and family of Gene Bakke, former St. Cloud Hospital president who died Nov. 29.

Gene, the hospital's first lay president, served from 1962-85. I had the pleasure of working with Gene when I was chief of staff and for many years as a member of the Medical Staff. Gene was intelligent, kind and respected by all. The legacy of his work at St. Cloud Hospital and with many community organizations lives on.

Sincerely,

A handwritten signature in black ink that reads "Terry Pladson". The signature is fluid and cursive.

Terry Pladson, M.D.
President/CEO, CentraCare Health System

Coborn family makes contribution to CentraCare

A \$2-million contribution from the Coborn family to CentraCare Health Foundation was announced at a Foundation event Nov. 25. This gift will enhance cancer services at Coborn Cancer Center and support the \$225-million construction project at St. Cloud Hospital.

Employee to participate in leadership program

Christine Bakke, care center director at St. Benedict's Senior Community, is one of 13 selected by Care Providers of Minnesota Foundation to take part in their Leading4Life Leaders Fellowship program. The class will work together as peers, led by a team of teachers, presenters, and senior mentors from the long-term care profession.

Home Care and Hospice named to elite list

St. Cloud Hospital Home Care was named in the top 25 percent for the 2008 HomeCare Elite top agency list by OCS, Inc., a market leader in health care information solutions. This list is a collection of the most successful Medicare-certified home health care providers in the United States.

Diabetes Center offers weight management program

The Rev It Up program, sponsored by the CentraCare Diabetes Center, will meet weekly from 4-5 p.m. Jan. 14 through April 29 in the CentraCare Diabetes Center/Nutrition Clinic classroom at CentraCare Health Plaza. Taught by a registered dietitian, this interactive instruction class for adults is designed to help you achieve a more efficient metabolism and a healthy, balanced life. Cost is \$325 and includes a 150-page manual, calorie counting book, gym bag, five pound weighted ball, pedometer, exercise band and calorimeter testing. Call 202-7759 for more information or to register.

Heart Center ranks in nation's top 100 — again

The Central Minnesota Heart Center at St. Cloud Hospital was named one of the 100 Top Cardiovascular Hospitals in the United States for the eighth time. "All St. Cloud Hospital employees and physicians are responsible for our success," said Bob Johnson, executive director of the Central Minnesota Heart Center. The study — 2008 Thomson Reuters 100 Top Hospitals[®]: Cardiovascular Benchmarks for Success — examined the performance of 970 hospitals by analyzing clinical outcomes for patients diagnosed with heart failure and heart attacks and for those who received coronary bypass surgery and angioplasties. The study identified the 100 United States hospitals that set the nation's benchmarks for cardiovascular care.

Diabetes Health Professional Update

The CentraCare Diabetes Center is hosting the annual Diabetes Health Professional Update April 14 in the Windfeldt Room at CentraCare Health Plaza. Cost is \$85 for this full-day event. Contact education hours are available. For registration information, please contact the St. Cloud Hospital Education office at 255-5642.

CentraCare Clinic receives two awards

CentraCare Clinic was recognized by Health Partners for adult preventive services and BMI assessment. Health Partners recognizes medical groups for achieving either excellent or superior performance in clinical quality. Health Partners' target goals were 90 percent in preventive services and 80 percent in body mass index assessment. CentraCare Clinic's results were 93 percent and 80 percent, respectively. The clinic also received an award from Blue Cross Blue Shield for successful patient enrollment in the Fax Back Tobacco Referral program. During a nine-month period, CentraCare Clinic referred 188 patients to the program and 62 enrolled in the program.

St. Cloud Hospital joins Spirit of Women

St. Cloud Hospital has joined Spirit of Women[®], an elite coalition of American hospitals and health care providers that ascribe to high standards of excellence in women's health, education and community outreach. St. Cloud Hospital will participate in a wide variety of exciting Spirit of Women programming, including Day of Dance and Girls' Night Out. Mark your calendar for Feb. 26 for the inaugural Day of Dance events. Watch for details to come.

Long Prairie Winter Gala

New Year's Eve at the Lake is a semi-formal gala event Dec. 31 to raise money for the Long Prairie Memorial Nursing Home Hospice Room. Enjoy an elegant three-course meal, music, dancing and a variety of gift baskets, which will be raffled off throughout the evening. Tickets are on sale for \$65 per person/\$120 per couple. Live entertainment provided by "The Blackwells." For more information, call 732-7213, or ext. 27213.

Thank a Doctor launched

Physician Recruitment and Relations at St. Cloud Hospital has launched Thank a Doctor on the CentraCare Web site. Now patients, their families and friends can e-mail a note of thanks to doctors who cared for their loved ones. Messages will be sent through the Physician Recruitment and Relations department. Staff also may use the site to thank doctors for acts they would like to acknowledge. To thank a doctor, go to the CentraCare Web site and click on For Patients, For the Community, or For Health Care Professionals.

Give Lifeline as a gift

This holiday season, consider giving Lifeline as a gift to relatives and friends concerned about living safely at home. This service signals for help at a touch of a button. As a benefit to employees, the registration cost is waived and the first month is free. For details, call Lifeline at ext. 54619.